



THE PHYSICIAN'S *Bookshelf*

YOUR CHILD AND HIS PROBLEMS—A Basic Guide for Parents. Joseph D. Teicher, M.D., Director, Child Guidance Clinic of Los Angeles, Attending Physician (Psychiatry), Children's Hospital, Los Angeles; formerly Psychiatrist in Charge, Child Guidance Clinic, St. Luke's Hospital, New York City. Little, Brown and Company, Boston, Mass., 1953. 301 pages, \$3.75.

Of the many books now coming out for the guidance of parents concerning the management of their children, this is one which the physician can recommend as psychiatrically sound and based upon extensive clinical experience. While the book, purportedly, is directed primarily to parents, the physician may find its clinical orientation and its wealth of suggestions useful in his opportunities to counsel parents in regard to the normal development of children, their management, and the common difficulties met in their socialization.

The book is simply and interestingly written, and the chapters are well outlined with topic headings. It begins with a consideration of parental feelings before and after the birth of a child, describes the normal personality development of the infant, and advises in regard to management of the child's eating, toilet and sleeping routines. Chapters are then devoted to such topics as sexual education, jealousy, fears, play and possessions, and "limitations, frustrations, and doing the right thing." "Family stress and strains" are also discussed with an understanding of, and sympathy for, parental difficulties. The contents also include chapters on children's school problems, the effect of comic books, radio, movies, and television upon children, and the psychological handling of physical illness and handicaps. There is even an attempt to explain to parents the use of psychological tests.

To the extent that parents are mature, reasonably well adjusted themselves, and thus capable of making use of information and advice, this book should well serve in the interests of the mental health of children. Parents who are disturbed by their own emotional and social difficulties, however, and those whose faulty relationship to their children is determined by inner forces of which they are unaware, will be able to make the best use of the knowledge contained in this book only if it comes to them through a therapeutic relationship with their physician.

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THE CONCEPTION OF DISEASE—Its History, Its Version and Its Nature. Walther Riese, M.D., Philosophical Library, New York, 1953. 120 pages, \$3.75.

Meditation is a gentle art, reputedly best practiced in a quiet place—by mountain stream, by lake, on distant peak—but in the noise-rent city or gusty seashore it seems to lead to introspection. And this in turn, if pen and paper be nearby, to treatise philosophic or book conceptual.

This small book skims through the author's conceptions of the Stoic, Platonic and anthropologic viewpoints of disease, pauses to consider the moral and artistic aspects, and

then plunges into a series of short chapters on the Hippocratic, Baglivian, Galenic and anatomic conceptions. Then follow sections on the social, psychologic, ontologic and, believe it or not, biographic conceptions. Finally, after a short excursion through the dialectic underbrush, the meta-physical conception is reached.

Some of the passages are refreshing and highly informative, but many seem to this reviewer to bear the ponderous glove. We are reminded that Plato held that disease was the result of excess or defect of the four corporal constituents (earth, fire, water and air). Proper proportions of these were held to be equally essential for health. Conversely, the relations of soul and body should be in equal balance. A relatively large or impassioned soul convulsed the inner man; too large or strong a body debased the soul. . . . "ignorance being considered the greatest of diseases." A verity indeed.

The chapter on disease and art travels the well-worn ground of impressionistic and expressionistic art forms, debating the difficulty of distinguishing the psychotic from the unconventional, and stressing that while disease may stimulate talent it does not create art. Freud bears not infrequent reference, and Nietzsche a modicum.

The author's own conception of disease is suggested by his emphasis that disease and the individual are both abstractions, ergo all is abstract and nature escapes our knowledge. Perhaps it should have been added that disease is a commonality and therefore a relatively normal phenomenon, just as discord, unhappiness and war are normal, whereas health, tranquillity and peace are distinctly rare, or unusual, or in other words abnormal.

The gentle and confused reader may now wish to return to Thomas Sydenham who observed "A disease, in my opinion, how prejudicial soever its causes may be to the body, is no more than a vigorous effort of nature to throw off the morbid matter, and thus recover the patient."

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CHILD DEVELOPMENT—The Process of Growing Up in Society. William E. Martin and Celia Burns Stendler, Professor of Education, University of Illinois—under the editorship of Willard B. Spalding, Oregon State System of Higher Education. Harcourt, Brace and Company, New York, 1953. 519 pages, \$6.50.

This is a textbook in child development. Accordingly, it is organized for a systematic study of the subject, contains throughout provocative questions for discussion, includes 32 pages of photographic illustrations (also a sprinkling of cartoons), and concludes each chapter with a small but well selected and recent bibliography for further reading. It is more than a description of child behavior at the various stages of development with which physicians are becoming more or less familiar; rather, it draws upon the fields of biology, physiology, pediatrics, sociology, anthropology, and

psychology in an attempt to explain how children become socialized.

The book is divided into four parts. Part I discusses the child as a human being. It begins with a consideration of the child's biological inheritance, proceeds to a study of the principles of growth and development and the basic motivating forces, points out the significance of individual differences, and concludes with a description of development in infancy. Part II is concerned with the meaning of society and culture and their effect upon the development of personality, and Part III is devoted to the process of socialization. In Part III, there is a description of the American character from the anthropological point of view, and also contrasting descriptions of the psychoanalytic and "sociopsychologic" points of view in regard to personality and character development. Part IV takes up the family, the school, the peer groups, and the community (including the church and media of mass communication) as socializing agencies.

It is the reviewer's opinion that this work may well serve several groups as an introduction to the study of child development. It should prove valuable as a basic text for parent and teacher study groups. It should have a place on the reading list of students in elementary psychology, nurses, and pediatric resident staffs. The physician will find some of the biological discussions quite elementary, but a perusal of the book may help him to place his knowledge in proper perspective from the viewpoint of the child as a developing social being. It will provide him with useful concepts from other fields rather than with advice as to the management of behavior problems.

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MULTIPLE MYELOMA. I. Snapper, M.D., Director of Medical Education, Cook County Hospital; Louis B. Turner, M.D., Research Assistant in Medicine, Mount Sinai Hospital, New York; and Howard L. Moscovitz, M.D., resident, Second Medical Service, Mount Sinai Hospital, New York. Grune & Stratton, New York, 1953. 168 pages, \$6.75.

This fine monograph by Dr. Snapper and his associates is likely to be the standard reference work on multiple myeloma for many years to come. Although the subject is covered in a systematic and scholarly manner, the style is such that the material is interesting and readable. The book is primarily aimed at clinicians, and its subject matter is based largely upon almost one hundred patients treated by the authors. Illustrative case histories from these patients, as well as radiological, pathological, and metabolic data are frequently used to supplement the text. This happy combination of description and illustration conveys to the reader a first-hand familiarity with the subject not often found in medical texts.

Although the emphasis is primarily clinical, the metabolic aspects of multiple myeloma are not neglected. The sections on the renal lesion of myeloma, and effects on protein metabolism are especially noteworthy. Bence-Jones protein is discussed in some detail, and accurate methods for its identification are described. Together with an account of serum electrophoretic changes are simple clinical methods to demonstrate hyperglobulinemia.

The chapter on therapy reflects the current inadequacy of all available agents in the treatment of multiple myeloma. In the discussion of stilbamidine there is seen, perhaps, a wistful nostalgia for a drug introduced by the senior author. This is accompanied by a frank admission of its shortcomings, so that no harm is done.

The growing trend toward detailed monographs on a single disease is thoroughly justified if the calibre of this volume can be maintained.

THERAPEUTICS IN INTERNAL MEDICINE—2nd Edition. By 84 authors; edited by Franklin A. Kyser, M.D., F.A.C.P., Assistant Professor of Medicine, Northwestern University Medical School. Hoeber-Harper Book, Paul B. Hoeber, Inc., 49 East 33rd Street, New York 16, 1953. 85 pages, \$15.00.

This is a good conventional reference book for therapeutics in internal medicine. It follows the routine outline of chapter presentation. It gives comparatively little space to general subjects. While it lacks any spectacular or unusual approach to lift it from the general run of books on therapy, it is written carefully and covers well the broad field of internal medicine.

The book could offer more variety in therapy, and if one is confronted with a difficult problem, it may prove inadequate. For example, take a woman with exfoliative dermatitis, whose disease is complicated by an advancing hepatorenal syndrome: contact dermatitis is mentioned but given short shrift as a skin disease; lower nephron nephrosis likewise is mentioned but the write-up is not helpful; nor are the two conditions correlated in any place.

Some of the sections, for instance those on the heart and hypertension (which are generally good) should give more exact dosage and specific preparations: on pages 476 and 477 the dosage of a mercurial diuretic is noted as 0.5 to 1 cc. intramuscularly daily, after which "the patient is then put on a maintenance dose which may be given every 1-2 weeks as indicated." There is such a variety of mercurial diuretics available that this advice becomes irresponsible and the author may as well counsel the reader to consult his local pharmacist or manufacturer's sales representative. It seems a better idea to give names and dosages of specific preparations with the trade names in parenthesis—as they are given elsewhere in the book.

Despite these defects, the solid character of this volume recommends it highly for the reference desk of the internist and other students of medical diseases.

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PHYSICAL DIAGNOSIS. Harry Walker, M.D., F.A.C.P., Professor of Clinical Medicine, Medical College of Virginia, Richmond, Virginia. The C. V. Mosby Company, St. Louis, 1952. 461 pages, 126 illustrations, \$8.00.

This is a volume of modest size produced under the joint authorship of several members of the Medical College of Virginia. It is divided into two sections, the first and larger of which deals with general physical examination. The second section is devoted to specific diseases of the respiratory and circulatory systems. The illustrations, although too few, are of good quality.

There is considerable variation in the quality of different contributions. While there is an excellent chapter on "Physical Diagnosis of the Female Pelvic Disease," the section on the abdomen is rather spotty. Apparently in an effort to conserve space, one finds summary statements such as the following (pages 191-192): "Liver enlargement occurs in fatty infiltration of the organ, chronic passive congestion, cystic disease and cirrhosis."... "A tender liver, manifested by pain on pressure, occurs in acute passive congestion, hepatic abscess and perihepatitis." There is no mention here of acute hepatitis, a condition considerably more common and therefore of greater import to the student beginning physical diagnosis. The fluid wave is described as a physical sign but there is no statement that it is more significant in the erect or sitting position.

The prime value of this book will be in the teaching of physical diagnosis to the second year students, and it will naturally find its greatest application at the Medical College of Virginia. Since it is incomplete and does not make an outstanding contribution, it is doubtful that California medical schools will substitute it for the texts now in use.